


What Are Cool Zones?



As temperatures rise during the summer months, so can the risk of heat exhaustion. According to the Centers for Disease Control, hundreds of people become the victims of heat-related deaths each summer throughout the United States. Especially at risk may be those who have limited use of air conditioning in their homes.

To avoid this type of danger, the City of San Diego offers relief at its 36 Public Libraries and 57 recreation centers and adjacent parks located throughout the city. These locations are called **Cool Zones** and offer either buildings that are kept at about 74 to 78 degrees or shaded outdoor areas. At these sites, you can also take advantage of some of the activities that take place for free or low cost throughout the year.

Tips To Stay Cool

If you are going to be out in the heat, remember these tips to stay cool:

- **Slow down.** Be your most physically active during the coolest part of the day, usually between 4-7 a.m.
- **Stay indoors as much as possible.** If air conditioning is not being used, stay on the lowest floor. Keep shades down and blinds closed, but windows slightly open. Electric fans do not cool the air; however, they do help sweat evaporate, which cools your body.
- **Take cool baths or showers.**
- **Avoid using the oven.**
- **Wear lightweight, loose-fitting, light-colored clothing.** Light colors will reflect away some of the sun's heat.
- **Air out hot cars before getting into them.**
- **Drink more fluids than usual even if you do not feel thirsty.** Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine; they increase the heat's effects on your body.
- **Eat small meals and eat more often.** Avoid foods that are high in protein, which increases metabolic heat.
- **Avoid using salt tablets** unless directed to do so by a physician.

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THE CITY OF SAN DIEGO



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City of San Diego

COOL ZONES



Relief from the Heat

Activities

City of San Diego Libraries

City of San Diego Public Libraries are located throughout the city and offer a place to sit out of the heat and enjoy a book, surf the web on our computers, or attend a pre-scheduled program.

Select libraries feature activities such as film series, children's crafts, lecture series and book discussions. For information on locations, hours and

activities, please call the City

of San Diego Public Library Public Information Line at **(619) 236-5800** or visit the website at www.sandiego.gov/public-library/.

City of San Diego's Recreation Centers Pools and Parks

Pools are a perfect place to come for relief from the summer heat. The City of San Diego

Park and Recreation

Department has 13 pools located throughout the city offering a wide variety of in-water activities for all ages, abilities and income levels.

Hours of operation, lessons, lap swim times along with costs are different at each pool, depending on community interest. Please call the pool closest to you for details. Several sites offer senior specific classes including water fitness classes. If you are an adult and don't know how to swim, lessons are provided in nurturing and supportive environments with experienced and caring pool guards. Swim Hotline: **(619) 685-1300**.

● Recreation Centers

Recreation facilities provide relief with a number of athletic and leisure activities including morning card games, and evening classes in ceramics.

For a list of city pools and recreation centers, or for the address and phone number of the site nearest you, visit the Park and Recreation Department website at www.sandiego.gov/park-and-recreation.

Activities at the City of San Diego Parks

● Museums

The inside of a museum is not only an educational and cultural place, but also a cool place to be when it is warm outside.

The 15 museums that are located in Balboa Park offer free admission on specific Tuesdays, except in the summer. Call the Balboa Park Visitor Center at **(619) 239-0512** for a schedule.

The free Tuesday museum schedule is as follows:

● First Tuesday of the month:

The Model Railroad Museum
The Reuben H. Fleet Science Center
Centro Cultural de la Raza
San Diego Natural History Museum (City residents only)

● Second Tuesday:

Museum of Photographic Arts
San Diego Historical Society and Museum
Veterans Museum and Memorial Center

● Third Tuesday:

San Diego Museum of Art
San Diego Museum of Man
Mingei International Museum
Japanese Friendship Garden
San Diego Art Institute

● Fourth Tuesday:

The San Diego Automotive Museum
San Diego Hall of Champions
Hall of Nations
San Diego Air and Space Museum (City residents only)

